



TALK IT OVER

SHAME OFF YOU! | PASTOR TROY STEIN

KEY SCRIPTURES

Adam and his wife were both naked, and they felt no shame.

Genesis 2:25 NIV

... For the joy set before him he [Jesus] endured the cross, scorning its shame, and sat down at the right hand of the throne of God.

Hebrews 12:2 NIV

START TALKING

What's the difference between SHAME and GUILT?

Which part of the message was most impactful for you and why?

Has God ever freed you from living in a place of shame? What was that experience like?

START THINKING

Read Hebrews 12:2. What do you think about this verse?

How would your life change if you focused less on what you're not and more on who Jesus is?

What would it look like to live without shame?

START PRAYING

Father, help us to fix our eyes on Jesus rather than any shame we might feel, and thank You for defeating shame once and for all. In Jesus' powerful Name, Amen.

START DOING

Tell God and someone you trust about something you feel ashamed of. When you bring it out of the darkness of your heart into His marvelous light, healing happens. If you'd like to talk to a New Life Counselor for deeper help in this area, reach out at www.NewLifeCA.church/counseling. In person and FaceTime appointments are available.